



Double Chocolate Soufflés with Warm Fudge Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



300 kcal

SIDE DISH

Ingredients

- 0.5 ounce bittersweet chocolate chopped
- 3 ounces bittersweet chocolate chopped
- 1 tablespoon butter
- 6 large egg whites
- 1 large egg yolk
- 0.5 cup skim milk fat-free
- 1.3 cups skim milk fat-free
- 1 tablespoon flour all-purpose

- 3 tablespoons flour all-purpose
- 0.1 teaspoon salt
- 0.3 cup sugar
- 0.5 cup sugar divided
- 2 tablespoons cocoa powder unsweetened
- 3 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- mixing bowl
- blender

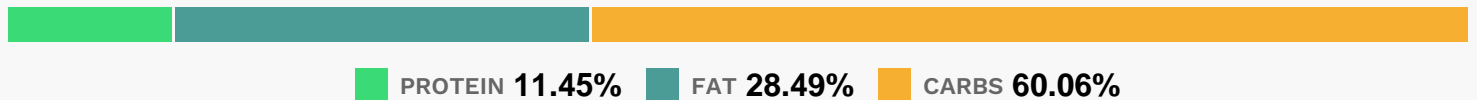
Directions

- Position oven rack to the lowest setting, and remove middle rack. Preheat oven to 42
- To prepare the souffls, lightly coat 6 (8-ounce) souffl dishes with cooking spray.
- Sprinkle evenly with 2 tablespoons sugar. Set aside.
- Combine remaining 1/2 cup sugar, 3 tablespoons flour, 3 tablespoons cocoa, and salt in a medium saucepan over medium-high heat, stirring with a whisk. Gradually add 1 1/4 cups milk, stirring constantly with a whisk; bring to a boil. Cook 2 minutes or until slightly thick, stirring constantly with a whisk; remove from heat.
- Add 3 ounces chocolate; stir until smooth.
- Transfer mixture to a large bowl; cool to room temperature. Stir in vanilla and egg yolk.
- Place egg whites in a large mixing bowl; beat at high speed with a mixer until stiff peaks form (do not overbeat). Gently fold one-fourth of egg whites into chocolate mixture; gently fold in remaining egg white mixture. Gently spoon mixture into prepared dishes. Sharply tap dishes 2

or 3 times on counter to level.

- Place dishes on a baking sheet; place baking sheet on the bottom rack of 425 oven. Immediately reduce oven temperature to 350 (do not remove souffls from oven).
- Bake 40 minutes or until a wooden pick inserted in the side of souffl comes out clean.
- To prepare sauce, melt butter in a small saucepan over medium-high heat.
- Add 1/3 cup sugar, 2 tablespoons cocoa, and 1 tablespoon flour; stir well with a whisk. Gradually add 1/2 cup milk, stirring well with a whisk; bring to a boil. Cook 1 minute or until slightly thick, stirring constantly with a whisk.
- Remove from heat; add 1/2 ounce chocolate, stirring until smooth.
- Serve warm with souffls.

Nutrition Facts



Properties

Glycemic Index:67.78, Glycemic Load:23.31, Inflammation Score:-4, Nutrition Score:9.0447826437328%

Flavonoids

Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 8.18mg, Epicatechin: 8.18mg, Epicatechin: 8.18mg, Epicatechin: 8.18mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 299.62kcal (14.98%), Fat: 9.8g (15.08%), Saturated Fat: 5.49g (34.33%), Carbohydrates: 46.49g (15.5%), Net Carbohydrates: 43.49g (15.81%), Sugar: 37.82g (42.03%), Cholesterol: 38.75mg (12.92%), Sodium: 151.86mg (6.6%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Caffeine: 23.81mg (7.94%), Protein: 8.86g (17.73%), Manganese: 0.42mg (21.16%), Selenium: 13.49µg (19.27%), Copper: 0.39mg (19.26%), Vitamin B2: 0.3mg (17.82%), Phosphorus: 172.04mg (17.2%), Magnesium: 63.47mg (15.87%), Fiber: 3g (12%), Calcium: 117.57mg (11.76%), Iron: 1.98mg (10.98%), Potassium: 340.78mg (9.74%), Vitamin B12: 0.53µg (8.89%), Zinc: 1.16mg (7.73%), Vitamin B1: 0.09mg (6.29%), Vitamin D: 0.94µg (6.26%), Vitamin A: 253.21IU (5.06%), Vitamin B5: 0.49mg (4.87%), Folate: 17.44µg (4.36%), Vitamin B6: 0.07mg (3.3%), Vitamin B3: 0.65mg (3.24%), Vitamin E: 0.23mg (1.55%), Vitamin K: 1.49µg (1.42%)